**Everything You Ever Wanted To Know About Reflective Writing But Were Afraid To Ask**

**What is reflective writing?**

**Reflective writing is:**

* *your* response to experiences, opinions, events or new information
* *your* response to thoughts and feelings
* an opportunity to understand yourself better
* a way to achieve a better understanding of what you are learning and experiencing
* a chance to develop and reinforce your writing skills

**Reflective writing is not:**

* just conveying information, instruction or argument
* pure description, though there may be descriptive elements
* straightforward decision or judgement – about whether something is *good* or *bad*

**How do I write reflectively? What can I discuss?**

* Experiences, ideas and observations you have had/made.
* What you find confusing, inspiring, difficult, interesting and *why!*
* Questions you have and conclusions you may have come to.

**Tips to help you in your reflective writing process**

* Think of an interaction, event or experience from the week that stood out for some reason.
* Describe what happened.
* What was your role?
* What feelings and thoughts do you connect with the experience?
* How would you explain the situation to someone else?
* What might this experience teach you? Would you approach it differently next time?